

Liverpool John Moores University

Title: Sport Measurement and Evaluation
Status: Definitive
Code: **5505YAUPE** (127915)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Yunnan Agricultural University

Team	Leader
Matthew Andrew	Y

Academic Level: FHEQ5
Credit Value: 20
Total Delivered Hours: 42
Total Learning Hours: 200
Private Study: 158

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Practical	10
Seminar	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Exam	Exam related to sports statistics in physical education.	35	2
Portfolio	Portfolio	Portfolio related to measurement and evaluation of sports and fitness.	30	
Essay	Essay	Essay related to Fitness theory and guidance in physical education.	35	

Aims

The module aims to develop students conceptual and applied knowledge of the

physiological aspects of physical education, with particular reference to sports statistics, sports measurement and evaluation, and fitness theory and guidance. It will encourage students to apply practical processes relevant to support and evaluate fitness.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate understanding of various statistical tests and how to complete them.
- 2 Demonstrate understanding of and evaluate current measurement of sports fitness and how to evaluate them.
- 3 Examine and analyse research and contemporary material around current topics and issues in fitness theory and guidance, designing fitness programmes.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Statistics Exam	1
Sports Portfolio	2
Fitness Theory Essay	3

Outline Syllabus

Teaching and learning methods will predominantly include lectures, seminars and practicals surrounding the physiology, fitness guidance and evaluation.

1. Sports statistics – understanding the various statistical tests and understanding which test is most appropriate given the data set.

2. Sport measurement and evaluation – utilising various techniques in order to measure physical fitness such as aerobic and anaerobic capacity, flexibility, balance and coordination.

3. Fitness theory and guidance – understand various fitness guides and the underpinning theories, as well as which is most appropriate to meet fitness needs/goals.

Learning Activities

Students are expected to attend time-tabled lectures, seminars and practical are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. During the lectures and practical they are expected to engage with and contribute to the learning environment through discussion and practice (in various physical education contexts). Some of the

teaching sessions may contain group work where students will be required to communicate and work as a team with others to enhance their own learning. Students should complete any required and recommended reading to widen their knowledge and understanding. Students will be required to evidence this during their exam assessments and any teaching they may conduct.

Notes

This module is designed to introduce students to the conceptual and applied aspects of physical education. The module will be evaluated by the completion of appropriate assessment tasks. This module will incorporate support strategies in an attempt to ensure student progression. This will include feed forward and feedback on assessment and personal tutorial support.